

*Curriculum Vitae*

**LAWRENCE D. ROBBINS,  
M.D.**

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Robbins Headache Clinic  
60 Revere Drive, Suite 330  
Northbrook, Illinois 60062

Office phone: (847) 480-9399  
Fax: (847) 480-9044  
E-mail: [LRobb98@aol.com](mailto:LRobb98@aol.com)

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*Website: [www.headachedrugs.com](http://www.headachedrugs.com)*

# LAWRENCE D. ROBBINS, M.D.

## *Summary*

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- Dr. Robbins is a neurologist specializing in headache. He has certificates in pain management and psychopharmacology. He was assistant professor of neurology at Rush Medical College from 1992-2011. He holds the title of Master Psychopharmacologist and Master Clinician through the Neuroscience Education Institute and completed 225 hours of continuous education in psychopharmacology.
- He is a Fellow of the American Headache Society, as well as a Fellow of the American Association of Integrative Medicine.
- In 2008, the American Academy of Pain Management selected Dr. Robbins as the recipient of the **“Janet Travell Clinical Pain Management Award,”** given to one physician per year.
- In every year since 2002, Dr. Robbins has been named to the list of **“America’s Top Doctors”** as well as one of **“Chicago’s Top Doctors.”**
- Dr. Robbins is the author of two books: 1) Management of Headache and Headache Medications, currently available in the second edition. The book, written primarily for physicians, enjoyed much critical acclaim; the second edition was one of the top selling books in its class; 2) Headache Help, with Susan Lang, is for the patient. Headache Help was one of the best-selling books on headache. Regular updates to the books are available through [www.headachedrugs.com](http://www.headachedrugs.com). The latest is **“Headache 2010-2011.”**
- Dr. Robbins has written over 200 articles and abstracts. His research ranges from psychological aspects of headache to the immune system to advanced MRI studies in chronic migraine patients.
- He is involved in a great deal of headache research, and lectures extensively. He usually lectures on management of chronic headache, as well as psychiatric conditions in headache patients.
- In 1986, Dr. Robbins founded the Robbins Headache Clinic where he treats patients with various types of headaches.

- The educational site, [www.headachedrugs.com](http://www.headachedrugs.com), is edited by Dr. Robbins. More than 300,000 visitors a year use the site for information on headaches. The site summarizes the best headache articles of recent months, and has been doing so since 1999.

# CURRICULUM VITAE

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## **Education**

University of Michigan (Zoology and Psychology, B.S., 1976)

University of Illinois (M.D., 1981)

## **Postdoctoral Training**

Internship in Internal Medicine, Illinois Masonic Hospital, Chicago (1981-82)

Residency in Neurology, University of Illinois, Chicago (1982-85)

Staff Neurologist, Diamond Headache Clinic, Chicago (1985-86)

## **Academic Posts**

Assistant Professor of Neurology, Rush Medical College, Chicago (1992-2011)

Assistant Professor of Neurology, University of Illinois, Chicago (1990-96)

Clinical Instructor of Neurology, University of Illinois, Chicago (1985-90)

Volunteer Neurology Attending in Neurology Clinic, University of Illinois, Chicago (1985-91)

## **Hospital Appointments**

Evanston Hospital, Evanston, Illinois (1999-2008)

Staff Privileges, Highland Park Hospital, Highland Park, Illinois (1986-2008)

## **Licensure and Certification**

Illinois (1982-present)

Neurology Board Eligible (June, 1985)

Certificate in Pain Management, American Academy of Pain Management (1995), and re-credentialed as a Diplomate in 2003

## **Fellowship**

In June, 1993, Dr. Robbins was appointed a Fellow of the American Association for the Study of Headache. At the time, he was the youngest of the 23 Fellows.

## **Continuing Medical Education**

In January 2004, Dr. Robbins was awarded the Master Psychopharmacologist and Master Clinician status by the Neuroscience Education Institute. This was achieved via a program of courses, both live and web-based, as well as other achievements in the field.

# BIBLIOGRAPHY

## *Books*

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### Management of Headache and Headache Medications: Second Edition

Lawrence Robbins, M.D.

Springer-Verlag, publisher. New York City, NY, 1994; second edition, 2000.

This book received critical acclaim as “the best guide to the medications on headache” and was highly recommended in the journals *Headache*, *Neurology*, *Neuropractice*, and *Cephalalgia*. The second edition added sections on natural and herbal treatments, and an index to headache medications. While primarily intended for physicians, many patients use the book as a reference.

### Headache Help: Revised and Updated

Lawrence Robbins, M.D., and Susan Lang

Houghton Mifflin, publisher, 1995; second edition, 2000.

The original Headache Help was updated and improved with new sections on natural and herbal therapy and post-traumatic headache. The second edition also included a new drug guide, advice on psychological aspects of headache, and a section on “What to Do When Nothing Works.” It was a bestseller among headache books from 2000-2003. Regular updates are published in booklets, the latest being “Headache 2010-2011.”

## *Book Chapters*

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Dr. Robbins co-authored three chapters in the book Ocular Therapeutics Handbook: A Clinical Manual, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> editions, edited by Bruce E. Onofrey, Leonid Skorin, Jr., and Nicky R. Holdeman, published by Lippincott Williams and Wilkins, Philadelphia, PA; 2005, 2010. The chapters are:

“Tension-type Headache: Migraine Headache, Cluster Headache, and Nonprimary Headache”

“Migraine Headache”

“Cluster Headache”

- (1) Leith, C., Robbins, L.  
Baseline Neuronal Hyperactivity in Chronic Migraine Patients: A Pilot White Matter Study
- (2) Robbins, L., Schwarz, M., Snediker, D.  
Migraine Case History, Part 3: Heather  
Submitted to *Practical Pain Management*

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# PUBLISHED ARTICLES

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*Written by Lawrence Robbins, except where noted*

Cluster Headache Preventives and a Case Report  
*Practical Pain Management*, March 2011, Vol.11

Robbins, L., Maides, J.  
The Immune System and Headache: Update  
*Practical Pain Management*, January/February 2011, Vol.11, Issue 1, pp.58-60

Refractory Headache Definition  
Letter in *Headache*, February 2011

Diamond, S., Robbins, L., Freitag, F.  
Acute Treatment of Cluster Headache  
*Practical Pain Management*, November/December 2010, Vol.10, Issue 9

A Practice Guide for Continuous Opioid Therapy for Refractory Daily Headache  
Letter in *Headache*, November/December 2010, Vol. 50 Number 10, p. 1614

Preventive Medications for Headache  
*Practical Pain Management*, October 2010, Vol.10, Issue 8, p. 32

Robbins, L., Snediker, D.  
Headache: Chronic Migraine, an Interactive Case History, Part 2  
*Practical Pain Management*, October 2010, Vol.10, Issue 8

Cluster Headache

*Practical Pain Management*, July/August 2010, Vol.10, Issue 6, pp.66-68

Robbins, L., Leith, C.

Chaos (Nonlinear Dynamics) and Migraine

*Practical Pain Management*, May 2010, Vol.10, Issue 4, pp.73-75

Refractory Chronic Migraine

*Practical Pain Management*, April 2010, Vol.10, Issue 3, pp.10-24

Maides, J., Robbins, L.

Headache in Children and Adolescents

*Practical Pain Management*, January/February 2010, Vol.10, Issue 1, pp.58-60

Robbins, L., Maides, J.

Efficacy of Stimulants in Migraineurs with Comorbidities

*Practical Pain Management*, Sept. 2009, Vol. 9, Issue 7, pp.58-59

Long-Acting Opioids for Refractory Chronic Migraine

*Practical Pain Management*, July/August 2009, Vol. 9, Issue 6, pp.47-54

Robbins, L., Maides, J.

Preventive Medications for Chronic Daily Headache

*Practical Pain Management*, June 2009, Vol.9, Issue 5, pp.74-78

Personality Disorders in Migraineurs

*Practical Pain Management*, January/February 2009, Vol.9, Issue 1, pp.52-54

Robbins, L., Maides, J., Shmaryan, D.

The Immune System and Headache: A Review

*The Pain Practitioner*, Winter 2008, Vol.18, No.4, pp.53-56

Management of Chronic Headache

*Practical Pain Management*, November/December 2008, Vol.8, Issue 9, pp.42-51

Chronic Migraine: an Interactive Case History

*Practical Pain Management*, October 2008, Vol.8, Issue 8

The Bipolar Spectrum in Migraine, Cluster and Tension Headache

*European Neurological Review*, 2008, Vol.3, Issue 1, pp. 123-124.

# PUBLISHED ARTICLES

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*Written by Lawrence Robbins, except where noted*

The Prevalence of Personality Disorders in Migraineurs

*US Neurological Disease*, 2007 (2008), Vol.4, Issue I, May 2008

Personality Disorders and the Bipolar Spectrum

*Practical Pain Management*, April 2008, Vol.8, Issue 3, pp.46-50

The Bipolar Spectrum in Migraine, Cluster and Chronic Tension Headache

*US Neurological Disease*, 2007 (2008) Vol.3, Issue II, February 2008

Clinical Pearls for Treating Headache Patients

*Practical Pain Management*, July/August 2006, Vol.6, Issue 5, pp.32-35

Frequent Eletriptan Use: Observations on Safety Issues

*American Journal of Pain Management*, July 2006, Vol. 11, No. 3, pp.84-86

The Bipolar Spectrum in Cluster Headache Patients

*American Journal of Pain Management*, April 2006, Vol.16, No.2, pp.44-52

Frequent Triptan Use: Observations on Safety Issues

*Headache*, 2004, Vol. 44, pp. 1-5

*This article was also featured in Practical Neurology, August 2002, and in CNS News, October 2002*

Depakote ER vs. Depakote: Patient Preference

*The Pain Clinic*, Winter 2004

Tramadol for Tension Headache

Letter in *Headache*, Vol.44, No.2, February 2004

Cluster Headache Precipitated by Isosorbide Mononitrate

*American Journal of Pain Management*, January 2004, Vol.14, pp.16-18

*This article was selected for Analgesia File by the Donnemiller Memorial Educational Foundation*

Botulinum Toxin for Cluster Headache: 10 Patients

*American Journal of Pain Management*, 2002, Vol.12, pp.136-139

*This article was also published in Analgesia File, and featured in the August 2002 issue of Practical Neurology*

Triptans vs. Analgesics

*Headache*, October 2002, Vol.42, pp.903-907

Case History: Munchausen's Syndrome Presenting as Cluster Headache

*Headache Quarterly*, 2002 Vol.13, No.2

Practical Headache Pearls

*Practical Pain Management*, July/August 2002, pp.1-3

*This article was also published in Analgesia File*

Gokani, T., Robbins, L.

Botulinum Toxin: Efficacy in Migraine, Tension-Type, and Cluster Headache

*American Journal of Pain Management*, July 2002, Vol.12, No.3, pp. 98-103

*This article was also published in Analgesia File*

Botulinum Toxin Type B for Refractory Cluster Headache

*The Pain Clinic*, June 2002, Vol.4, No.3, pp.11-14

Butorphanol Nasal Spray for Headache

Letter in *Headache*, May 2002, Vol.42, No.5

Butorphanol Nasal Spray for Headache

*American Journal of Pain Management*, April 2002, Vol.12, No.2, pp.49-50

Daily Triptans for Headache: Expert Opinion

*Headache*, October 2001, Vol.41, pp. 907-909

We Need Better Preventative Medications

Letter in *Headache*, June 2001, Vol.41, No.6, pp.611-612

Headache Relief: Long-acting Opioids

*Journal of Practical Pain Management*, May/June 2001, pp.23-27

Long-acting Opioids for Severe Chronic Daily Headache

*Surgical Physician Assistant*, April 2001, Vol.7, No.4, pp.45-47

Long-acting Opioids for Chronic Daily Headache

*The Pain Clinic*, February 2001, Vol. 3, No.1, pp.13-15

Intravenous Valproate Sodium Injection for Prolonged Migraine Headache  
*American Journal of Pain Management*, January 2001, Vol.11, No.1, pp.5-7

# PUBLISHED ARTICLES

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*Written by Lawrence Robbins, except where noted*

Clinical Pearls for Treating Patients with Headache

Letter in *Headache*, September 2000, Vol.40, No.8, pp.701-702

Long-acting Opioids as Preventative Medicine for Severe Headaches

*Headache*, Summer 2000, Vol.11, Issue 2, pp.1-3

Clinicians' Pearls: Headache, A Clinician's Recommendations on an Appropriate Approach to the Headache Patient

*American Journal of Pain Management*, April 2000, Vol.10, No.2, pp.67-68

Long-acting Opioids for Severe Chronic Daily Headache

*Midwest Pain Society Update*, Winter 2000-2001, pp.2-3

Robbins, L., Maides, J.

Long- Term Daily Triptan Use: 59 patients

*Headache Quarterly*, 2000, Vol.11, No.4, pp.275-277

Ondansetron for Migraine-associated Nausea

*Headache Quarterly*, 2000, Vol.11, No.2

Robbins, L., Ludmer, C.

The Bipolar Spectrum in Migraine Patients

*American Journal of Pain Management*, October 2000, Vol.10, No.4, pp.167-170

*This article was named Outstanding Article in Interdisciplinary Pain Management Literature, 2000-2001, by the American Academy of Pain Management*

Oxycodone CR, a Long-acting Opioid, for Severe Chronic Daily Headache

*Headache Quarterly*, 1999, Vol.10, No.4

Robbins, L., Maides, J.

Efficacy of Preventive Medications for Chronic Daily Headache

*American Journal of Pain Management*, October 1999, Vol.9, No.4, pp.130-133

*Headache Quarterly*, July 1999, Vol. X, No.3, pp.135-139

Robbins, L., Maides, J.

Various Formulations of Sumatriptan: Patient Preferences

*American Journal of Pain Management*, July 1999, Vol. 9, No.3, pp.81-84

Long-acting Opioids for Severe Chronic Daily Headache

*Headache Quarterly*, July 1999, Vol. X, No.3, pp.135-139

Anxiety and Depression in Migraine Patients

*National Headache Foundation Headlines*, Winter 1997, No.99

Long-acting Opioids (Methadone) for Refractory Chronic Headache: Quality of Life Assessment

*Headache Quarterly*, July 1997, Vol. 8, No.3

Menstrual Migraine with Cluster Aspects: 10 Cases

*Headache*, March 1996, Vol. 36, pp.166-167

Daily Opioids (Methadone) for Refractory Chronic Daily Headache

*Headache Quarterly*, May 1996, Vol. 7, No.1, pp.39-42

Anxiety, Depression and Insomnia in Migraine: A Retrospective Review of 494 Patients

*Headache Quarterly*, December 1995

Headaches and the Immune System

*National Headache Foundation Journal-Newsletter*, Winter 1995

Lidocaine for Cluster Headache

*Headache*, February 1995, Vol. 35, No.2

Intravenous DHE and Cost Saving

*Headache*, January 1995, Vol. 35, No.1, p.50

Analgesic Rebound Headache

Letter in *Headache*, January 1995, Vol. 35, No.1, p.52

Outpatient DHE Therapy

*Neuropractice*, January 1995

Precipitating Factors in Migraines: A Retrospective Review of 494 Patients  
*Headache*, April 1994, Vol. 34, No.4, pp.214-216

# PUBLISHED ARTICLES

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*Written by Lawrence Robbins, except where noted*

Stadol Nasal Spray - Treatment for Migraine?  
Letter in *Headache*, April 1993, Vol. 33, No.4

Robbins, L., Friedman, H.  
MRI in Migraineurs  
*Headache*, November 1992, Vol. 32, No. 10, pp.507-508

Robbins, L., Remmes, A.  
Outpatient Repetitive Intravenous Dihydroergotamine  
*Headache*, October 1992, Vol. 32, No.9, pp.455-458

Migraine and Anticardiolipin Antibodies - Case Reports of 13 Patients and the Prevalence of Antiphospholipid Antibodies in Migraineurs  
*Headache*, September 1991, Vol. 31, No.8, pp.537-539

Treatment of Menstrual Migraine  
*Chicago Medicine*, September 1991

Anticardiolipins: Prevalence in Migraineurs, and Efficacy of Treatment  
*Cephalagia*, June 1991, Vol. 11, Supplement 11, pp.137-138

Lymphocyte Subsets in Migraine Patients, and a Review of the Literature  
*Cephalagia*, June 1991, Vol. 11, Supplement 11, pp.177-178

Exercise-induced and Sexual Headaches  
*Chicago Medicine*, December 1990, Vol. 93, No. 24, pp.20-21

Post-traumatic Headache  
*Chicago Medicine*, June 1990, Vol. 93, No. 12, pp.30-32

Hughes, J., Robbins, L.

Brain Mapping and Migraine

*Clinical EEG*, January 1990, Vol. 21, No. 1, pp.14-24

Chronic Paroxysmal Hemicrania Successfully Treated with Inhaled Heparin Therapy

*Cephalagia*, October 1989, Vol. 9, Supplement 10, pp.402-403

Cryotherapy for Headache

*Headache*, October 1989, Vol. 29, No. 9, pp.598-600

Post-traumatic Headache with Scintillating Scotoma Treated with Phenytoin (Dilantin)

*Headache*, September 1989, Vol. 29, No. 8, pp.515-516

Gilman-Sachs, A., Robbins, L., Baum, L.

Flow Cytometric Analysis of Lymphocyte Subsets in the Peripheral Blood of Chronic Headache Patients

*Headache*, May 1989, Vol. 29, No. 5, pp.290-294

Robbins, L., Freitag, F., Diamond, S.

Exertional Headache

*Neuroviews*, January-February 1987

Premonitory Symptoms of Migraine

*National Migraine Foundation Newsletter*, Spring 1986

Gorelick, P. B., Rusinowitz, M., Tiku, J., McDonald, L., Robbins, L.

Embolic Stroke Complicating SLE

*Archives in Neurology*, August 1985, Vol. 42, No.8, pp.813-815

# ABSTRACTS PRESENTED AND ACCEPTED

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*Presentations by Lawrence Robbins, except where noted*

Submitted to the 53<sup>rd</sup> Annual Meeting of the American Headache Society, Washington D.C., June 2011, and also to the 22<sup>nd</sup> Meeting of the American Academy for Pain Management, Las Vegas, Nevada, September 2011:

- (1) Long-term Follow Up of Refractory Migraine Using a Refractory Rating Scale
- (2) Leith, C., Robbins L.  
Diffusion Tensor Imaging of Migraine

Submitted to the 21<sup>st</sup> Annual Meeting of the American Academy of Pain Management, Las Vegas, Nevada, September 2010:

- (1) Chaos Theory in Headache, with Practical Applications
- (2) Outpatient Options for the Treatment of Patients with Refractory Chronic Migraine
- (3) Diamond, S., Robbins, L., Freitag, F.  
4 mg. Subcutaneous Sumatriptan with an Auto-injector for Acute Treatment of Cluster Headache

Presented at the 52<sup>nd</sup> Annual Meeting of the American Headache Society, Los Angeles, California, June 2010:

- Diamond, S., Robbins, L., Freitag, F.  
4 mg. Subcutaneous Sumatriptan with an Auto-injector for Acute Treatment of Cluster Headache

Presented at the 20<sup>th</sup> Annual Scientific Meeting of the American Academy for Pain Management, Phoenix, Arizona, October 2009:

- (1) Robbins, L., Maides, J., Shmaryan, D.  
The Immune System and Headache
- (2) Robbins, L.  
Long-acting Opioids for Refractory Chronic Migraine
- (3) Robbins, L., Maides, J.  
The Use of Stimulants in Migraine Patients

- (4) Leith, C., Robbins L.

Common Denominators in Chronic Migraine and Fibromyalgia

Presented at the 14<sup>th</sup> International Headache Society Congress, Philadelphia, PA, September 2009, and submitted to the 33<sup>rd</sup> Scientific Session of the Midwest Pain Society, Chicago, Illinois, September 2009:

- (1) Leith, C., Robbins L.

Common Denominators in Chronic Migraine and Fibromyalgia

- (2) Robbins, L.

The Use of Stimulants in Migraine Patients

- (3) Robbins, L.

Long-acting Opioids in the Treatment of Chronic Migraine

Submitted to the 32nd Scientific Session of the Midwest Pain Society, Chicago, Illinois, September 2008:

Leith, C., Robbins L.

Objective Measure of Pain via Diffusion Tensor Imaging

Submitted to the 50th Annual Scientific Meeting of the American Headache Society, Boston, Massachusetts, June 2008, and to the 32nd Scientific Session of the Midwest Pain Society, Chicago, Illinois, 2008, and also to the 19th Annual Scientific Meeting of the American Academy for Pain Management, Nashville, Tennessee, September 2008:

- (1) The Use of Stimulants in Chronic Migraineurs: Efficacy and Predictors of Success
- (2) The Uses of Opioids for Refractory Chronic Migraine: Efficacy and Predictors of Success

Submitted to the 50th Annual Scientific Meeting of the American Headache Society, Boston, Massachusetts, June 2008, and also to the 19th Annual Scientific Meeting of the American Academy for Pain Management, Nashville, Tennessee, September 2008:

- (1) Leith, C., Rosengarten, J., Ouyang, S., Sun, H., Robbins, L.  
Cerebellar Baseline Hyperactivity in Chronic Migraine
- (2) Leith, C., Rosengarten, J., Robbins, L., Siegal, L., Ouyang, S., Sun, H.  
How Can We Measure Pain Objectively?
- (3) Leith, C., Rosengarten, J., Robbins, L., Siegal, L., Ouyang, S., Sun, H.  
Autonomic Activity in Chronic Pain Imaging

Presented at the 37th Annual Meeting of the Society for Neuroscience, San Diego, California, November 2007:

Leith, C., Rosengarten, J., Robbins, L., Siegal, L., Ouyang, S., Sun, H.

Imaging Brainstem White Matter Function in Chronic Migraine

# ABSTRACTS

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Presented to the 31st Scientific Session of the Midwest Pain Society, Chicago, Illinois, October 2007:

Gidwani, G., Rosengarten, J., Robbins, L., Sun, H., Leith, C.  
Age and Gender Factors in Functional Brain Mapping of Chronic Pain

Presented at the 49th Annual Scientific Meeting of the American Headache Society, Chicago, Illinois, June 2007, and also at the 31st Scientific Session of the Midwest Pain Society, Chicago, Illinois, October 2007:

- (1) The Prevalence of Personality Disorders in Migraineurs
- (2) The Bipolar Spectrum in Migraine, Cluster and Chronic Tension Headache  
*This abstract was highlighted in the July 2, 2007 issue of American Medical News on [www.Amednews.com](http://www.Amednews.com)*
- (3) Robbins, L., Leith, C.  
Chaos Theory and Migraine Pathophysiology
- (4) Robbins, L., Rosengarten, J., Ouyang, S., Leith, C.  
White Matter Imaging: Age and Gender Effects

Presented at the Organization for Human Brain Mapping 13th Annual Meeting, Chicago, Illinois, June 2007:

Bauer, A., Rosengarten, J., Ouyang, S., Robbins, L., Siegel, L., Leith, C.  
Mapping of Baseline Neural Activity in Chronic Pain

Presented at the 131st Scientific Meeting of the American Neurological Association, Chicago, Illinois, October 2006:

Leith, C., Robbins, L.  
Localization of Brainstem White Matter Abnormalities in Chronic Migraine Patients

Submitted to the Society for Chaos Theory in Psychology and the Life Sciences, 16th Annual Meeting, Baltimore, Maryland, August 2006, and also the 30th Scientific Session of the Midwest Pain Society, Chicago, Illinois, 2006:

Robbins, L., Leith, C.  
The Possible Role of Non-Linear Dynamics and Chaos Theory in Migraine Pathophysiology

Presented at the 48th Annual Scientific Meeting of the American Headache Society, Los Angeles, California, June 2006, and also at the 30th Scientific Session of the Midwest Pain Society, Chicago, 2006:

- (1) Leith, C. Rosengarten, J. and Robbins, L.  
Baseline Neuronal Hyperactivity in Chronic Migraine Patients: A Pilot White Matter Study
- (2) Robbins, L.  
Frequent Eletriptan Use: Observations on Safety Issues
- (3) Cluster Headache Patients and Bipolar Disorder

Presented at the 35th Annual Meeting of the Society for Neuroscience, Washington, D.C., November 2005:

Leith, C., Robbins, L.  
Biophysical Model in MR Imaging of Cerebral White Matter Function

Accepted for the 47th Annual Scientific Meeting of the American Headache Society, Philadelphia, June 2005, and published in *Headache*, 2005, Vol. 45, No. 6, p. 829.

- (1) Robbins, L., Gokani, T.  
Dihydroergotamine Nasal Spray for Detoxification of Refractory Headache Patients
- (2) Robbins, L.  
The Prevalence of Anxiety and Depression in Cluster Headache Patients

Presented at the 46th Annual Scientific Meeting of the American Headache Society, Vancouver, British Columbia, June, 2004, and the 28th Scientific Session of the Midwest Pain Society, 2004, and published in *Headache*, May 2004:

- (1) Robbins, L., Gokani, T.  
Triggers that Precipitate Cluster Headache: A Retrospective Review
- (2) Robbins, L.,  
Tramadol for Tension Headache
- (3) Oxycodone CR (Oxycontin) for Severe, Refractory Chronic Daily Headache
- (4) Anxiety, Depression, and Insomnia in Cluster Headache Patients
- (5) Long-term Efficacy and Adverse Events of Botulinum Toxin in Headache Patients
- (6) The Use of Stimulants in Headache Patients
- (7) The Bipolar Spectrum in Cluster Headache Patients

*The preceding were also accepted by the 17th Annual Practicing Physicians' Approach to the Difficult Headache Patient, Rancho Mirage, California, February 2004.*

# ABSTRACTS

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Presented at the 157th Annual Meeting of the American Psychiatric Society, New York City, May 2004:

Robbins, L., Gokani, T.

The Bipolar Spectrum in Cluster Headache Patients

Presented at the 45th Annual Scientific Meeting of the American Headache Society, Chicago, June 2003, and the 27th Scientific Session of the Midwest Pain Society, Chicago, September 2003, and published in *Headache*, May 2003, Vol. 43, No. 5:

- (1) Case Report: Cluster Headache, Precipitated by Isosorbide Mononitrate
- (2) Robbins, L., Maides, J.  
Long-term Efficacy of Preventative Medications for Chronic Daily Headache
- (3) Depakote ER vs. Depakote: Patient Preference

Presented at Headache Update 2002, Orlando, July 2002, and the 26th Scientific Session of the Midwest Pain Society, Chicago, September 2002:

- (1) Botulinum Toxin Type B for Refractory Cluster Headache
- (2) Daily Triptans for Refractory Chronic Migraine: Cardiac Safety
- (3) Gokani, T., Robbins, L.  
Botulinum Toxin: Efficacy in Migraine, Tension-Type, and Cluster Headache
- (4) Triptans or Analgesics: Patient Preference

Presented at the 44th Annual Meeting of the American Headache Society, Seattle, June 2002, and the 26th Scientific Session of the Midwest Pain Society, Chicago, September, 2002:

- (1) Butorphanol Nasal Spray for Headache
- (2) Long-term Safety of Daily Triptans

Accepted at the Postgraduate Course, Headache Update 2001, Orlando, Florida, July 2001:

Botulinum Toxin A for Cluster Headache: 6 Cases

Presented at the 10th Congress of the International Headache Society, in conjunction with the 43rd Annual AHS Meeting, New York, June 2001 and also at the Annual Meeting of the Midwest Pain Society, Chicago, November 2001:

- (1) Botulinum Toxin for Cluster Headache
- (2) Botulinum Toxin for Refractory Chronic Daily Headache
- (3) Case History: A Patient with Munchausen's Syndrome Presenting as Cluster Headache
- (4) Triptans vs. Analgesics: A Patient Preference Study
- (5) Strategies for Refractory Chronic Daily Headache: Daily Triptans, Long-acting Opioids, Botulinum Toxin, and Outpatient Intravenous DHE

Accepted at the American Academy of Neurology Meeting, Philadelphia, May 2001:

Botulinum Toxin for Refractory Chronic Daily Headache

Presented at Headache World 2000, a combined meeting of the International Headache Society and the American Headache Society, London, September 2000, and published in *Cephalagia*, May 2000, Vol. 20, No. 4:

- (1) Robbins, L., Ludmer, C.  
The Bipolar Spectrum in Migraine Patients  
*This presentation was given the "Best Poster" award.*
- (2) Robbins, L., Akbarnia, H.  
Long-acting Opioids for Severe, Refractory Chronic Daily Headache: Methadone, Sustained-release Oxycodone and Sustained-release Morphine
- (3) Sustained-release Morphine Sulfate (Kadian) for Severe Chronic Daily Headache
- (4) Intravenous Valproate for Prolonged Migraine Headache

Presented at the 42nd Meeting of the American Headache Society, Montreal, June 2000, and also presented at the Annual Midwest Pain Society Meeting, March 2000:

- (1) Depacon for Refractory Severe Headache
- (2) Robbins, L., Ludmer, C.  
The Bipolar Spectrum in Migraine Patients: An Analysis of 1000 Migraineurs  
*This presentation was given a "Best Poster" award.*
- (3) A Comparison of Long-acting Opioids for Severe Daily Headache

Presented at the 41st Meeting of the American Association for the Study of Headache, Boston, June 1999 and the 9th Congress of the International Headache Society, Barcelona, June 1999:

- (1) Robbins, L., Maides, J.  
Long-Term Daily Triptan Use: 59 Patients

- (2) Patient Evaluations of Various Forms of Sumatriptan
- (3) Efficacy of Preventive Medications for Chronic Daily Headache: 540 Patients

# ABSTRACTS

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Presented at the Midwest Pain Society Annual Meeting, Chicago, March 1999:

- (1) Robbins, L., Maides, J.  
Daily Triptans on a Long-Term Basis
- (2) Preventive Medicine for Chronic Daily Headache
- (3) Opioids for Severe Chronic Daily Headache

Accepted at the Third Conference on Pain Management and Chemical Dependency, New York, January 1999:

- Robbins, L., Maides, J.  
Long-acting Opioids for Severe Chronic Daily Headache

Presented at the 40th Meeting of the American Association for the Study of Headache, San Francisco, June 1998:

- (1) Oxycontin, a Long-acting Opioid, for Severe Chronic Daily Headache
- (2) Opioids for Refractive Chronic Daily Headache: Results and Quality of Life Assessment

Presented at the 39th Meeting of the American Association for the Study of Headache, New York, June 1997:

- (1) Ondansetron for Migraine-associated Nausea
- (2) Daily Opioids (Methadone) for Refractory Chronic Headache: Quality of Life Assessment

Presented at the 38th Meeting of the American Association for the Study of Headache, San Diego, June 1996, and published in *Headache*, April 1996, Vol. 36, No.4, p. 275:

- Daily Methadone for Refractory Chronic Daily Headache: Assessment after One Year of Therapy

Presented at the International Headache Society Annual Meeting, Toronto, Canada, September 1995:

- (1) Daily Opioids (Methadone) for Refractory Chronic Daily Headache
- (2) Menstrual Migraine - Cluster Headache

Presented at the American Association for the Study of Headache Annual Meeting, Boston, June 1995:

- (1) Daily Opioids (Methadone) for Refractory Chronic Daily Headache
- (2) Menstrual Migraine - Cluster Headache

Accepted at the 4th International Congress of the Israel Pain Association, Tel Aviv, Israel, September 1994:

Clinical Factors in Migraine Patients

Presented at the American Association for the Study of Headache Annual Meeting, Chicago, June 1994, and published in *Headache*, May 1994:

- (1) Cluster Headache and Intranasal Lidocaine
- (2) Clinical Factors in Migraine Patients: Anxiety, Depression, and Insomnia
- (3) Precipitating Factors in Migraineurs: A Retrospective Review of 494 Patients

Presented at the American Association for the Study of Headache Annual Meeting, San Francisco, June 1993, and published in the *Proceedings of AASH*, June 1993:

- (1) Efficacy of IM Ketorolac vs. DHE vs. Meperidine in Migraine
- (2) Frequency in Migraineurs of: Various Headache Trigger Factors, Depression, Anxiety, Insomnia, Cold Extremities, and Efficacy of Biofeedback

Presented at the American Association for the Study of Headache Annual Meeting, Toronto, June 1992, and published in the *Proceedings of AASH*, June 1992:

- (1) Robbins, L., Friedman, H.  
MRI in Migraineurs
- (2) Brain Mapping in Post-traumatic Headache Patients
- (3) Robbins, L., Remmes, A.  
Outpatient Repetitive IV DHE
- (4) Robbins, L., Scheinbaum, S.  
Type A Behavior and Depression in Adolescents with Headache
- (5) Inhaled Heparin Therapy for Headache

Accepted at the 19th International Epilepsy Congress, Rio de Janeiro, Brazil, October, 1991:

Brain Mapping in Headache Patients: Lack of Clinical Utility

# ABSTRACTS

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Accepted at the International Juvenile Headache Congress, Rome, Italy, September 1991:

Scheinbaum, S., Robbins, L.

The Prevalence of Type A Behavior and Depression in Adolescent Females with Moderate-to-Severe Headache

Presented at the Proceedings of the 5th International Headache Congress and the American Association for the Study of Headache, Washington, D.C., June 1991:

- (1) Antiphospholipid Antibodies and the Anticardiolipin Antibody Syndrome: Prevalence and Treatment
- (2) Immunology and Headache: Lymphocyte Subsets Between Headache Attacks, Perimenstrually, and a Review of the Literature

Presented at the American Association for the Study of Headache Annual Meeting, Los Angeles, June, 1990, published in *Headache*, April 1990, Vol. 30, No. 5, and in the *Proceedings of AASH*, June 1990:

- (1) Lupus Anticoagulant, Anticardiolipin Antibodies, Stroke, and Migraine
- (2) T-Lymphocyte Subset Assays and Migraine: The Immune System and Migraine
- (3) Hughes, J., Robbins, L.  
Brain Mapping and Migraine
- (4) Hughes, J., Robbins, L.  
Brain Mapping and Post-traumatic Headache

Presented at the Proceedings of the IV International Headache Congress, Sydney, Australia, October 1989:

Chronic Paroxysmal Hemicrania Successfully Treated with Inhaled Heparin Therapy

Presented at the American Association for the Study of Headache, Boston, June 1989:

Post-traumatic Headache with Scintillating Scotoma Treated with Phenytoin (Dilantin)

Presented at the American Association for the Study of Headache Annual Meeting, San Francisco, June 1988:

- (1) Gilman-Sachs, A., Robbins, L., Baum, L.  
Flow Cytometric Analysis of Lymphocyte Subsets in Peripheral Blood of Chronic Headache Patients
- (2) The Immune System and Migraine

Presented at the American Association for the Study of Headache, Quebec City, Canada, June 1987:

Brain Mapping and Migraine Patients

Presented at the American Association for the Study of Headache Annual Meeting, Chicago, June 1986:

- (1) Diamond, S., Freitag, F., Robbins, L., Mehta, N.  
Therapy of Headache with MAO Inhibitors
- (2) Diamond, S., Freitag, F., Robbins, L., Mehta, N.  
The Use of MAO Inhibitors and Tricyclic Antidepressants in the Therapy of Migraine and Mixed Headaches
- (3) Diamond, S., Freitag, F., Robbins, L., Mehta, N.  
Demographics of Cluster Headache Patients Attending an Outpatient Headache Clinic

# MONOGRAPHS AND NEWSLETTERS

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*These are distributed to physicians and patients*

Headache 2010-2011 (*available on [www.headachedrugs.com](http://www.headachedrugs.com)*)

Attention Deficit Disorder

Rebound Headaches

Personality Disorders

Headache 2008–2009

Headache 2006–2007, plus Psychological Topics

Johns Hopkins University School of Medicine, Advanced Studies, Vol. 6, Oct. 2006  
“Case History: Obesity and Headache” ([www.jhasim.com/cdh/v6\\_9C\\_web.cfm](http://www.jhasim.com/cdh/v6_9C_web.cfm))

Headache 2005

Headache and Headache Medications, 2004

Headache 2003

Headache Medications, 2002

Headache Medications, 2000

Exercise and Yoga for Headache Patients

Headache Medications, 1999

SSRI's for Anxiety and Depression in Headache Patients, 1998

Treatment of Menstrual Migraine, 1991

Headache Therapy, 1989

Abortive Migraine Medications, 1989

New Therapy for the Treatment of Headaches  
*Distributed by Abbott Labs, February 1991*

## Management of Headache Medications: Comparison of 1985 vs. 1992 Therapy

# RESEARCH

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## **Stimulants for Headache**

This study involves tabulating the demographics of a large number of patients who have been put on stimulants for their headache disorders. The goal is to determine what type of patients would be appropriate candidates for this class of medication.

## **Opioids for Refractory Headache**

A retrospective study is underway which focuses on the long-term use of opioids. Because opioids can be addictive, some patients may be excellent candidates for these medicines, while others should not take this class of medication. This study looks extensively at the demographics of patient groups and the outcome of their treatment with opioids.

## **Long-term Progress of Patients with Personality Disorders and Headache**

Dr. Robbins and staff will be undertaking a new study of how people with personality disorders progress over a long period of time. Using a time frame of 10 to 18 years, the researchers will look at whether the personality disorder characteristics change, and whether there is relationship to headaches.

## **Advance Imaging in Episodic and Chronic Migraine Patients**

New studies are underway which look at these techniques in migraine patients as compared to patients without migraine. Advanced imaging, using diffusion-tensor imaging and functional MRI, is producing a unique view of the brain's operation. This research, conducted with Dr. Cameron Leith, has revealed subtle white-matter changes in the brains of chronic migraine patients. These changes are seen primarily in the areas involved with migraine such as the brainstem, but were not seen in the control patients without migraine. We feel that this research will help demonstrate the subtle, progressive and chronic changes in patients with longstanding headaches.

## **New Drug Therapies for Headache**

Dr. Robbins is frequently involved in multicenter trials for drug treatments of headache. There are several new therapies under development that have not yet been released, involving differing mechanisms of action in the brain. It is hoped that these approaches will be an improvement on current medications.

# RESEARCH

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## **Headache Drug Trials**

Dr. Robbins has been a principal investigator for a number of multicenter drug trials. Some of the latest include: Maxalt used abortively, Botox for headache, and a new form of inhaled DHE. In addition, a newer form of the triptans, with a different mechanism of action, will be investigated in the next year, and Dr. Robbins will participate in that trial.

## **Safety of Frequent Triptan Use**

With refractory headaches, when absolutely nothing works, patients are often prescribed triptans over many years. There is a need to determine if triptans have additional side effects when used for prolonged periods. Dr. Robbins has done several studies in this area and will continue to research the safety of frequent or daily triptan use.

## **Long-term Safety of Botulinum Toxin**

Dr. Robbins has utilized Botulinum toxin since 1998 for headache disorders, and has previously studied long-term safety in this area. He and his staff will be starting a new study in 2008 which will evaluate the treatment in these patients several years after treatments.

## **Psychological Aspects Accompanying Headache: Bipolar Disorder, Personality Disorders, Anxiety, Depression, ADD**

With a major interest in the psychiatric aspects of headache patients, Dr. Robbins has published extensively in this area. Current studies include the comorbidity of headache with personality disorders and bipolar disorder, and there is consideration for expanding research into MRI studies of bipolar patients.

## **PFO and Migraine Trials**

A patent foramen ovale (PFO) is a small hole in the heart which is normal in fetal development, but should close in infancy. Unclosed or partly-closed PFO's may affect 20-25% of the population. Dr. Robbins is a member of a new research study which will determine whether closing the PFO helps headache patients by preventing unoxidized blood from circulating in the brain. This study is one of the first in the United States; research from Europe suggests that repairing the PFO does improve migraine in many patients. Time and continued studies will tell if PFO closures will be of long-term benefit.

# MEDIA APPEARANCES

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## Top Doctors

From 2002 through 2010, Dr. Robbins has been included in the annual book of "America's Top Doctors: The Best in American Medicine." These doctors are nominated through recommendations from other physicians. Dr. Robbins is in the pain management section. He also is included in "Chicago's Top Doctors," which appears locally in **Chicago Magazine**, under *Top Doctors, Pain Management*. (website: [www.castleconnolly.com](http://www.castleconnolly.com))

## Television

Dr. Robbins has appeared numerous times on local news shows as an expert on headache and its treatment. He was interviewed on WTTW's **Chicago Tonight** in March, 2008, and appeared on **Fox-TV News** in February, 2008. He was seen on the newsmagazine **20/20** in a segment on headache and perfume, and was interviewed on ABC's **Nightline** as a whistleblower in the controversy over false marketing of Stadol nasal spray.

## Print

Dr. Robbins is a frequent contributor to national and local magazines and newspapers. In 2008, he was the focus of a column by Paula Kamen in the **New York Times**. Her series of articles, "Leaving the Rabbit Hole," can be found at <http://migraine.blogs.nytimes.com>.

Since 2000, he has been quoted in or contributed to articles in USA Today, MSN.com, the Chicago Tribune, the Chicago Sun-Times, *Glamour*, *Cosmopolitan*, *Good Housekeeping*, *Oxygen*, *Self*, *Men's Health*, *Women's World*, *Health Magazine*, *Women's Fitness*, *North Shore Magazine* and *Fibromyalgia Network*. The book, Doctor's Home Remedies, uses a number of his quotations.

In August, 2008, Evanston Hospital's magazine, *Connections*, ran an article on Dr. Robbins and his specialty in adolescent headaches.

## Radio

With his wife, social worker Sue Robbins, the doctor hosted the internet talk show, **The Dr. Robbins Show**. Their topics revolved around the most interesting medical issues in the news. Podcasts are available 24/7 on [www.headachedrugs](http://www.headachedrugs). He has appeared as a guest on various radio programs, including WGN-Chicago 720's **The Milt Rosenberg Show**, and on **HealthTalk Radio**. Dr. Robbins had his own medical call-in show during 2005. The XM Satellite Radio Health Show has interviewed him on a number of topics.

# MEDIA APPEARANCES

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## Online

The website, [www.headachedrugs.com](http://www.headachedrugs.com), is written and edited by Dr. Robbins and his staff. Since 1999, it has offered summaries of popular and academic publications on headaches and related issues. Over 300,000 visitors a year use the site for headache information.

Dr. Robbins was a regular contributor to the expert panel on the site for the American Council on Headache, [www.achenet.org](http://www.achenet.org), and is active on patient support sites such as [www.migrainepage.com](http://www.migrainepage.com).

## Reviews

Dr. Robbins is a member of the Editorial Board of *Practical Pain Management*. He has been a reviewer for several medical journals, including the American Headache Society Journal, International Headache Society Journal, Headache, Cephalgia, Consultant: Consultations in Primary Care, Clinical Drug Investigation and the American Journal of Pain Management. Dr. Robbins reviewed a book for Nature Medicine. He recently was a reviewer for the American Society of Health Systems Pharmacists, and for Clinical and Surgery Ophthalmology.

## National Talks

Dr. Robbins was selected as chairperson for the American Association of Pain Management Headache Symposium, Las Vegas, September 2011. He organized a series of lectures to be given during the academy's 2008 national meeting in Nashville, and at the 2009 national meeting of the American Academy of Pain Management in Phoenix.

Dr. Robbins was a key speaker at the September 2009 "Cluster Buster" conference in Chicago, addressing the treatment of refractory cluster headaches.

The Depression and Bipolar Support Alliance selected Dr. Robbins as a speaker for their national conference in October, 2006. In the same month, he delivered a lecture entitled "Daily Headache" for the Neurology Update seminar at the Johns Hopkins Advanced Studies in Medicine.

In 2005, Dr. Robbins was selected by the CME Corporation as a speaker in a series of lectures in Chicago, Las Vegas and Los Angeles, and the lectures taped for later use. The CME Practical Home Study Course features his lectures on headache and pain.

The US Psychiatry and Mental Health Congress, held during November of 2005, selected Dr. Robbins as its specialist on headache.

# MEDIA APPEARANCES

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## Lectures

A frequent lecturer, Dr. Robbins has given hundreds of talks on subjects related to pain. Topics include:

Management of Headache

Psychological Aspects of Pain and Headache

Refractory Headache

Pediatric Headache

Clinical Pearls in Pain and Headache

Headache Case Studies

Migraine Pathophysiology, Insomnia and ADHD/ADD

Fibromyalgia

# NOT-FOR-PROFIT WORK

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Dr. Robbins was the founder of the section of the American Headache Society designated for Refractory Headache Patients. The section is devoted to finding treatments for patients for whom "nothing works." Dr. Robbins was also a member of AHS special interest groups on Cluster Headache, Behavioral Issues, Women's Issues and International Therapies.

The non-profit American Headache Association was founded in 1989 by Dr. Robbins to raise money for headache research and public education. Dr. Robbins is strongly committed to the education of physicians on pain and headache issues. He has taught both formal and informal groups of physicians and medical students.

Since 1991, Dr. Robbins has worked with several drug companies on improving the performance of pharmaceutical representatives. The goal is to improve the effectiveness of doctor-representative communications, an important part of modern medical practice. In addition to formal lectures, he participates in role-play training and mentoring.

Early in his career, Dr. Robbins was a volunteer neurologist in the Neurology Clinic at the University of Illinois in Chicago. More recently, he volunteered his services as a neurologist at the free clinic in Waukegan, Illinois, known as Healthreach.

# MISCELLANEOUS

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An expert bridge player, Dr. Robbins represented the United States at the 1996 World Bridge Olympiad in Rhodes, Greece, and at the 1992 Pan American Games. His titles include United States Grand National Team Champion, 1979, 1991, 1995 and NCAA Champion, 1976. He is also an avid rollerblader and ice hockey player.

## MEMBERSHIP IN PROFESSIONAL SOCIETIES

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### **Current**

Depression and Bipolar Support Alliance of Greater Chicago (2005-present)  
American Academy of Pain Management (1995-present);  
Education Committee (2010-present)  
American Council for Headache Education (1990-present)  
American Headache Society (1985-present)  
National Headache Foundation (1985-present)

### **Past**

American Society of Pain Educators, (2005-2009)  
National Depression and Manic Depression Association (2001-2008)  
Harvard MGH Psychiatry Academy (2005-2007)  
Society for Pain Practice Management (2003-2005)  
American Pain Foundation (2003-2007)  
American Society of Clinical Psychopharmacology (2002-2004)  
Illinois Biofeedback Society (2002-2007)  
Society for Chaos and the Life Sciences (2001-2003)  
Child and Adolescent Bipolar Foundation (2001-2005)  
Chicago Neurologic Society (1998-2000)  
American Association for Advancement of Science (1995-98)  
The Royal Society of Medicine (1991-1994); Elected Fellow, July 1991  
International Headache Society (1989-2004, 2009)  
The Foundation for Research in Head Pain and Related Disorders (1989-93)  
American Medical Association (1985-91)  
Illinois State Medical Society (1985-91)  
Chicago Medical Society (1985-91)  
American Academy of Neurology (1982-93)

# THE ROBBINS HEADACHE CLINIC

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Established in 1986, the clinic is a small office with a dedicated staff. Patients are thoroughly evaluated, and staff will always take into account the relationship between headaches and other physical conditions. Their focus is on the well-being of the whole person, not just the headache.

Both pharmaceutical and herbal medications are used as preventatives, or when needed by the patient. Medications such as opioids will be used judiciously with refractory headaches, when nothing else seems to work. Dr. Robbins and his staff also employ a variety of proven techniques outside of medications, such as biofeedback and injections of botulinum toxin.

In 2009, Dr. Robbins formally opened an adolescent headache center as part of the Robbins Headache Clinic. The clinic received an "Excellent" risk-management assessment in May, 2010, from the American Physicians Assurance Corporation.